

Don is coming to Prof. Semmer

A-A-A
ALIGNMENT ATTUNEMENT ADJUSTMENT
BY
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This is a report on our attempts to UNITE or synchronize three very effective methods for developing the constructive integrity of THOUGHTS, FEELINGS/EMOTIONS, BEHAVIOR. We are approaching from the "root", the "unseen". Our use of Hemi-sync, plus the application of the "sync" concept has been like adding wheels to a car and discovering what the car is for. Hemi-sync in fact appears to be the beginning for the UNITING.

We are using Hemi-sync to aid in our development of what we call Visi-sync. AT first they appeared to be the same. We now believe that each is ONE LINK in a chain of techniques that CAN produce the integrity of the Man System.

We see the steps as being:

HEMI-SYNC.....FOR ALIGNment
VISI-SYNC.....FOR ATTUNEment
PHYSI-SYNC.....FOR ADJUSTment

The HEMI-SYNC...Synchronization of the R & L hemispheres increases the capability of assimilating information, and allows contact with other "realms" for the gathering process. It is also a very effective way of getting to the "roots". the destructive "out of alignment" attitudes, etc..We approach the "alignment" within through the use of hemi-sync & bio feedback monitors by re-adjusting the units several times, we allow the person to monitor their focusing inward. There is a point when a "polarity shift" occurs from a ([+] = non-receptive) to a ([-] = receptive) state. The change is dramatic, and much can be accomplished by the person with regard to "root" type situations.

VISI-SYNC...synchronization allows "vortexia" or "magnetic" energy to flow to SPECIFIC energy centers (determined by color combinations) and re-vitalize (charge) the system. IMPORTANT NOTE...Without the Hemi-sync, or, a Nature-sync for alignment and resultant "polarity" change to (-), the (+) vortexian energy CANNOT enter the system. It's like trying to charge a battery with the terminals reversed.

PHYSI-SYNC...involves the on-going adjustment or the maintaining of the system by aligning the "diet", "surrounding", & "associative" energy influx. This particular field is so vast that we will not attempt further comment at this time. However, we think and feel that if the MAN SYSTEM INTEGRITY is established in alignment & attunement, we will KNOW what to eat, where to be, and who to be with.

Our experimentation with all three of the sync procedures with regard to their healing potential demonstrated the following:

- 1-Hemi-sync can result in remission of symptoms of certain types of illness.
- 2-Visi-sync can result in re-vitalization of affected areas.

3-Physi-sync can result in some remission, some re-vitalization, but is difficult to maintain, probably because the "root" of the problem still exists. The result could be called "backsliding".

Now to Visi-Sync.

Visi-Sync is a method of synchronizing the hemispheres of the brain in much the same way as Hemi-Sync but with some important differences. The simultaneous presentation of different colors to each eye results in the generation by the brain of the color frequency between the two colors presented. If, for example, the left eye is presented with emerald green and the right eye with indigo, after a few moments of shifting between the two colors, both eyes will "see" a blue-green or turquoise. This happens using opaque paper held to each eye or transparent, colored sheets of plastic. With the transparent sheets of plastic inserted in a pair of sunglass frames, still another shift occurs. A few moments after the mid color is generated by the brain, the awareness of any particular color stops and both eyes "see" clear or the normal color of things in the field of vision. At this point, using green and blue, the subject expresses a feeling of peace, "togetherness", or relaxation. Several people have also made comments at this stage that "the pain in my neck is gone" or "my headache is gone". The most dramatic results were with "outdoor sunlight". No DIRECT viewing!!!!

Fortunately, our experiments began using "cool energy" colors and produced very positive results. I say we were fortunate to be using cool, low energy colors because of the broad implications raised by these experiments. Initial implications are that:

1. Two colors presented simultaneously to the eyes will generate a searching response in the brain.
2. Since colors are basically frequencies, like radio frequencies, each one has its own properties and a definite effect on the brain and thus, the body.
3. The principles of the psychology of color definitely apply here but are magnified ten-fold since we are focusing on specific colors exclusively at any given time.
4. Each color's energy has innate properties which affect the brain, nervous and circulatory systems, organs of the physical body and the chakras.

Points 1 and 2 are fairly straightforward, demonstratable with the use of some very simple visual devices. We are working with a young woman who, due to a high fever during childhood, has been able to use only one eye at a time and is cross eyed. Physicians worked with her for a number of years attempting to retrain the eyes to no avail. One exercise utilized two separate black and white pictures; one of a fish bowl, the other a line drawing of a fish. The eyes never saw the images connected. She is now using Visi-Sync techniques and is experiencing the "seeing clear" and is quite frequently seeing two of the same object. It appears that the crossed condition is a result of single eye viewing. We're all hopeful that as the Visi-Syncing continues to activate simultaneous vision, the crossing of the eyes will disappear. She has been working with Hemi-Sync (focus 3 & 10) and Visi-sync.

Point 3 is easily demonstratable also. In general, the viewing of two closely related colors in the "cool" sectors of the 12 color wheel such as green and blue or blue and purple achieves a syncing sensation along with a feeling of relaxation. Orange & red and red & purple produce syncing and stimulation, while yellow with green or orange is stimulating and brings about an alert focus of attention. These states seems to correspond to types of brain waves. However, there seems to be indicated, both in the psychology of color and actual experimentation, that various colors have their own influence upon the body, mind and emotions and possibly even the spirit or soul.

This brings our investigations around to point 4 and to the work of Dr. Edwin D. Babbitt, Faber Birren, and numerous other researchers. We have noted physical sensations indicating activation of certain areas of the body when using certain color combinations right in front of the eyes. These seem to be verified by Dr. Babbitt who has done extensive work in the area of color therapy. Libraries have been written on color therapy and a good deal of the information is in direct conflict with other works. Consequently, we are making seemingly slow progress through it. Still, there are indications that we're "on to something".

We are proceeding cautiously for two reasons:

1. Basic Psychology textbooks emphasize the vast impact that visual input, particularly color, has on the brain.
2. A recent experience showed us that color can have adverse effects when overdone. Recently, Abigail spent several hours sitting in the shade at an outdoor fund raising event, cutting paper "badges" from sheets of bright yellow paper. Yellow is a stimulent to mental focus and concentration - also to analytical thinking. At the time, she happened to be wearing a bright yellow shirt. After 15 minutes she noticed a reluctance to stop cutting and let someone else take over. Then she became aware of an inner dialogue to the effect that she "should" be able to cut more perfect circles. Different cutting patterns were tried and then the time it took to cut a circle became a mental issue. After 30 minutes, there was an edema like thickness building in the tissues of the hands, feet and face. A bloated feeling was noticeable all through the body and still she was reluctant to stop and look at anything else. On arriving home, the bloating seemed to stop and there was improvement in the swelling when she changed into a green dress and gazed at several different shades of blue and green. The effect of yellow on the system was later verified in Dr. Babbitt's work on color therapy.

In conclusion, we've only begun our research on Total synchronization. We have more questions than answers but we're extremely excited about the possibilities. We would very much welcome the opportunity to share what we're doing and give others the opportunity to try the glasses and possibly give us some feedback on their reactions.

We believe that the results obtained with any of these procedures are also available by collectively living in the wilderness, communing with nature, and becoming "one" with the creation. All the sounds, sights, foods & interactions of such an existence would produce the same, maybe even a greater unity.

The visi-sync process involves some of our applied understandings of the following:

- 1-The research of Dr Babbitt in colors/healing, energy flow.
- 2-The behaviour pattern quadrants of Wilson learning co.
- 3-The book of Cosmogony from the OAHSP.
- 4-The signs of the zodiac.
- 5-Vortexia (energy) transfer through various energy centers.
- 6-Harmony, and the musical scale.
- 7-Bio feedback and Hemi-sync process.
- 8-Intra-action development of the individual.
- 9-Numerology.
- 10-The vision of Black Elk.
- 11-Quotes on eyes, sight, vision from the Bibles of many religions.
- 12-Carlos Castaneda's writings. (especially "Fire From Within")
- 13-The Magical Child/matrix development & interaction
- 14-Acupressure by "touch" pressure or "energy" pressure.

Abby and I have been using what has been called "magnetic healing" for many years. Immediate results are excellent, but often not lasting. Again because of the "root" problem?

What about the breathing through one nostril at a time by the Yogis of India? Are they using this process to stimulate right or left hemispheric activity?

We welcome comment from those interested.

We hope that you will try Visi-synching. Have fun with it!